



PROGRAM PLANNING IDEAS FROM THE GLOBAL CULINARY INITIATIVE COMMITTEE

MARCH 2015

# Hello, World! The GCI Newsletter

## 2015 Global Culinary Scene

by The Global Culinary Initiative Committee

What global trends are hot this year? Which themes and topics would make sensational Global Culinary Initiative programs? The GCI committee scoured the Web to find the most exciting global influences for 2015.

### Spices & Seasonings

- ❖ **Pucker Up:** Whether it's pickling or fermenting, kimchi or sauerkraut, tamarind or chamoy, the mouth-puckering taste of sour will be trendier than umami, says [Entrepreneur](#).
- ❖ **The Next Sriracha:** Is it [harissa](#), as *Time* magazine predicts? Or [bang bang](#) as Yahoo Food forecasts? Or will it be something else? No matter. Spicy-hot sauces are here to stay.
- ❖ **Top Ethnic Spices:** Baharat, chile, dukkah, garam masala, gochujang, horseradish, Szechuan spices, wasabi and za'atar were named among the Big Flavour Markers, 2015, in the Savoury Kitchen. Check out this [infographic](#) from The Food People (UK).
- ❖ **Mix and Match:** Authentic spice blends (shawarma spices, shichimi togarashi) as well as spices blended to create new flavor profiles (sour salts and smoked

spices) are a top trend, according to [McCormick Flavor Forecast 2015](#).

- ❖ **Big Flavors:** Multicultural foods will provide [flavor inspiration](#)—Middle Eastern (sumac, ras el hanout and harissa) and Korean (barbecues, kimchi and condiments) are among the trends, reports *The Daily Telegraph* (Sydney).

### Countries & Cuisines

- ❖ **Advanced Asian:** The Sterling-Rice Group forecasts [deeper explorations](#) of global cuisines and cooking methods. Look for Advanced Asian—with moves to Northern (Issan) Thai cuisine, Japanese okonomiyaki pancakes and Japanese grilling.
- ❖ **Israeli-Inspired:** Flavors of lemon, coriander, thyme and yogurt combine to give the cuisine of Israel its moment in the sun, says [CBC Canada](#). On trend: whole, roasted cauliflower with Middle Eastern spices and herbs.
- ❖ **Peruvian:** None other than Alain Ducasse says that Peru will be a leader in the global food scene, as reported by [LIHEL](#) (Sweden).

### Global Influences in Foodservice

- ❖ **Flying Robot Waiters:** Singapore trend watchers are fascinated by [flying robot waiters](#) invading the restaurant airspace in 2015.
- ❖ **Authentic Ethnic Goes Quick:** Quick service restaurants are increasingly keeping the [authenticity of dishes](#) intact, according to QSR. No need to modify flavors for the American public.
- ❖ **Ethnic-Inspired Breakfasts:** Breakfast items from around the world are one of the [Top 20 Food Trends](#) forecasted by the National Restaurant Association.
- ❖ **Halal:** Some entrepreneurs are betting on [halal restaurants](#) (food certified halal, an Islamic dietary standard, meaning permissible) as one of its ten emerging food trends, says *Forbes*.
- ❖ **Regional Ethnic Restaurants:** *The Telegraph* (UK) says no longer will we be simply ordering Chinese or Indian, but [regional cuisines](#): Shandong instead of Chinese, Gujarati instead of Indian.
- ❖ **Pot Goes International:** Instead of food and wine pairings, sushi and pot pairings are just one of the ways [cannabis](#) is being featured on Colorado menus.
- ❖ **Global Sandwiches:** Chefs worldwide are serving sandwiches that brim with flavor, like the Peruvian sanguuche; Puerto Rican jibarito; or cemita, Puebla, Mexico's signature sandwich.

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## Countries & Cuisines (continued)

- ❖ **Niche to Mass:** [Cuisine Map 2015](#) from The Food People (UK) shows rising niche appeal for Scandinavian, Peruvian, Japanese, Brazilian and Korean cuisines, among others, while Thai, Spanish and Indian have mass appeal.
- ❖ **Filipino:** On our radar since last year, Filipino cuisine takes the world stage, reports the [Inquirer](#) (Philippines). This fusion cuisine offers limitless regional dishes. Track the [Filipino food movement](#).
- ❖ **Lithuanian and South African:** Keep them on your culinary radar, advises [BBC Good Food](#). With Lithuania adopting the Euro, this Baltic country will be top-of-mind in Europe.
- ❖ **Mashups:** If one country's cuisine is good, is two, mixed together, better? Look for such [mashups](#) as Australian-Asian and Mexican-Taiwanese. One example: "ramenrrito," a burrito stuffed with noodles in place of rice, reports *Restaurant Hospitality*.

### Ingredients

- ❖ **Bug Bites:** High in protein, [edible insects](#) are all the rage, with recent launches in supermarkets in the Netherlands and Belgium, says FOODStuff South Africa. The tip: well-prepared, they're delicious! The Wall St. Daily predicts that [insect futures](#) may be the next big thing for investors.
- ❖ **New Ingredients:** [Moringa, fonio and palm sugar](#) are 2015 ingredients you probably haven't heard of, says Foodable Web TV Network. Palm sugar capitalizes on the [healthy halo](#) of coconut products.
- ❖ **Old Grains, Enjoyed New:** Ancient grains, like amaranth, quinoa, spelt and freekeh, will be trendy despite the popularity of some low-grain diets, projects a [survey of dietitians](#) conducted by Pollock Communications and *Today's Dietitian*. [Super grains](#) like Ethiopian teff and South American kaniwa are culinary stars of 2015.
- ❖ **Chia Seeds:** The [Aztec super food](#) adds texture, color and nutrients to beverages and dishes.



- ❖ **Back to Brodo:** Valued in many cultures, [bone broths](#) are restorative and nutritious. They're the new comfort food, says Eater.
- ❖ **Maple Water:** Is it the new coconut water? [Maple water](#) from Canada is a refreshing beverage consisting of the raw sap of sugar maple trees.

### From the Land

- ❖ **Vegetables Get Respect:** Renowned Israeli chef Yotam Ottolenghi spearheaded the new wave of [vegetable appreciation](#) in his brilliant cookbooks including *Plenty: Vibrant Vegetable Recipes from London's Ottolenghi*, says CTV News (Canada). The harvest of vegetables includes trendy kalettes, a hybrid of kale, and Brussels sprouts.
- ❖ **Garden to Table:** Veggie-flavored yogurt, bitter greens, mango-flavored water, pepper-infused honey, flavored salts: HGTV identifies [15 trends](#)—many globally inspired—that will shape what you grow and cook this year.
- ❖ **Land-Based Aquaculture:** Vancouver Island's Namgis First Nation is raising [farmed salmon](#) in closed-containment, above-ground tanks that don't affect wild salmon.

### Authentic Education

- ❖ The [League of Kitchens](#) is "an immersive culinary adventure in New York City where immigrants teach intimate cooking workshops in their homes."

### GCI Committee

Sandy Hu (San Francisco, Chair), Roberta Duyff (St. Louis), Rachel Gaffney (Dallas) and Susan Slack (Charleston)

## Program Ideas

- ❖ **Learn from the Experts:** Invite local immigrant cooks, along with a translator, to do a cooking demonstration of their cuisine. This might lead to a bigger cultural exchange program where Dames and members of that immigrant group meet and get to know one another over food.
- ❖ **Insect Exploration:** Purchase a selection of items that contain insect protein, such as snack bars, and hold a tasting. Invite an expert to talk about countries that eat insects and how the insects are prepared; discuss their nutritional contribution.
- ❖ **Food Truck Crawl:** Arrange a street food outing, visiting those food trucks that feature culinary mashups. Which ones worked and which ones didn't?
- ❖ **Chefs' Challenge:** Invite chefs to prepare dishes using fermented ingredients, such as kimchi. Ask them to discuss the properties of the ingredients they used and how they incorporated the ingredients; taste the results.
- ❖ **Learn to Ferment:** Hold a demonstration on the preparation of fermented foods.
- ❖ **What's Hot:** Host a panel on hot spices, with experts from different countries. Hold a tasting of representative dishes.
- ❖ **Restaurant Exploration:** Pick an up-and-coming cuisine that is unfamiliar to your chapter, selecting from the countries featured in this newsletter or another country. Have a restaurant chef familiar with the cuisine prepare a tasting menu of the classic dishes and discuss the ingredients, cooking methods and characteristic flavors.
- ❖ **Vegetable Garden:** Visit a farm or farmers' market featuring ethnic vegetables. Learn how to select, store and cook these vegetables.



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